



sun dried tomato & spinach pesto

Makes 2 Cups  

100g parmesan cheese
4 garlic cloves, peeled
60g olive oil
300g semi sun dried tomatoes
50g baby spinach leaves
Handful basil leaves
50g toasted pine nuts
Salt, to taste

1. Place parmesan cheese in TM bowl, grate for 5 seconds, speed 9. Set aside.
2. Place garlic in TM bowl, chop for 5 seconds, speed 5, scrape down sides.
3. Add olive oil, sauté for 6 minutes, 100C, speed 1.
4. Add tomatoes, spinach, basil leaves, pine nuts, parmesan and salt, chop for 4 seconds, speed 6.

Serve as a dip with crackers or tossed through pasta.

Variation: Spinach can be replaced with rocket leaves or other herbs such as flat leaf parsley.

Health Tip: Basil contains essential oils which give it medicinal properties and aids in digestion.